



## BODY PIERCING AFTERCARE (ENGLISH)

### CLEANING SOLUTIONS

Packaged sterile saline is a gentle choice for piercing aftercare.

Mixing your own sea salt solution is no longer a suggested practice from the APP. We strongly encourage you to use a sterile saline labeled for use as a wound wash. Contact lens saline and eye drops should never be used on a body piercing. Your saline ingredients should list .09% or 9 mg/ml sodium chloride and water as the only ingredients. Mixing your own sea salt solution will commonly result in the product being far too salty and strong, this can overdry the piercing and interfere with healing.

### CLEANING INSTRUCTIONS FOR BODY PIERCINGS

**WASH** your hands thoroughly prior to cleaning or touching your piercing for any reason.

**SALINE** rinse once a day for two months. For certain piercings it may be easier to apply using clean gauze saturated with saline solution.

**DRY** by gently patting with clean gauze.

Never use cloth towels as they can harbor bacteria and snag on jewelry causing injury.

### WHAT IS NORMAL?

**Initially:** some bleeding, localized swelling, tenderness, and/or bruising.

**During healing:** some discoloration, itching, secretion of a whitish-yellow fluid (not pus) that will

form some crust on the jewelry. The tissue may

tighten around the jewelry as it heals.

**Once healed:** the jewelry may not move freely in the piercing, do not force it. If you fail to include cleaning your piercing as part of your daily hygiene routine, normal but smelly bodily secretions may accumulate.

A piercing may seem healed before the healing process is complete. This is because tissue heals from the outside in, and although it feels fine, the interior remains fragile. Be patient, and keep cleaning throughout the entire healing period.

Even healed piercings can shrink or close in minutes after having been there for years! This varies from person to person: if you like your piercing, keep jewelry in - do not leave it empty.

### WHAT TO DO

Wash your hands prior to touching the piercing; leave it alone except when cleaning it.

Exercise during healing is fine - listen to your body. Make sure your sheets are washed and changed regularly.

Wear clean, comfortable, breathable clothing that protects your piercing while you are sleeping.

Showers tend to be safer than taking baths, as bathtubs can harbor bacteria. If you bathe in a tub, clean it well before each use and rinse off your piercing when you get out.

### WHAT TO AVOID

Avoid cleaning with alcohol, hydrogen peroxide, antibacterial soaps, iodine, or any harsh products, as these can damage cells. Also avoid ointments as they prevent necessary air circulation.

Avoid Bactine®, piercing ear care solutions, and other products containing Benzalkonium Chloride (BZK). These can be irritating and are not intended for long-term wound care.

Avoid over-cleaning. This can delay your healing and irritate your piercing.

Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry, and vigorous cleaning. These activities can cause the formation of uncomfortable scar tissue, migration, prolonged healing, and other complications.

Avoid all oral contact, rough play, and contact with others' bodily fluids on or near your piercing during healing.

Avoid stress and recreational drug use, including excessive caffeine, nicotine, and alcohol.

Avoid submerging the piercing in bodies of water such as lakes, pools, oceans, hot tubs etc. Or protect your piercing using a waterproof transparent film dressing. These are available at almost all pharmacies and are ideal for nipple, navel and surface piercing placements.

Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions and sprays etc.

Don't hang charms or any object from your jewelry until the piercing is fully healed.

Sleeping directly on a healing cartilage piercing can cause irritation, even causing shifts in the piercing's angle. Placing a travel pillow on top of your pillow, and then placing your ear in the opening can be helpful to avoid this.

## HINTS AND TIPS

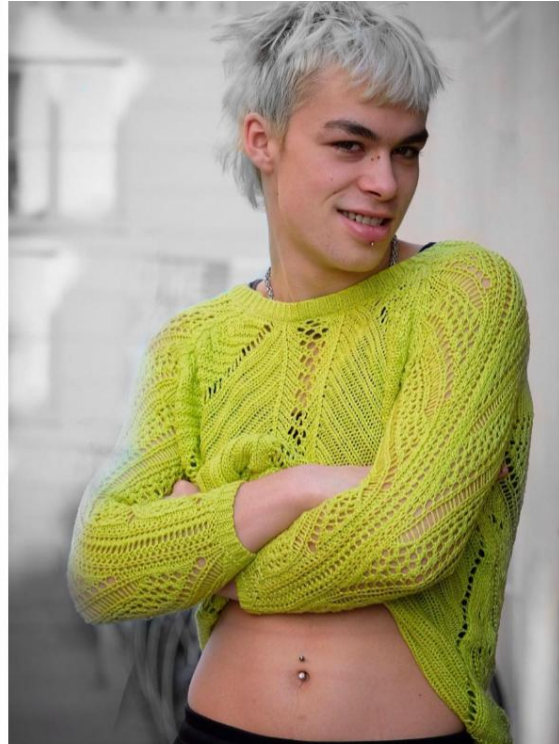
### JEWELRY

Unless there is a problem with the size, style, or material of the initial jewelry, leave it in place for the entire healing period.

Schedule your jewelry down-sizing with us when it's time.

Contact us for a non-metallic jewelry alternative if your metal jewelry must be temporarily removed (such as for a medical procedure).

Leave jewelry in at all times. Even healed piercings



that you have had for years can shrink or close in minutes! If removed, reinsertion can be difficult or impossible.

With clean hands or gauze, be sure to regularly check threaded and threadless ends on your jewelry for tightness.

Should you decide you no longer want the piercing, simply remove the jewelry, or book an appointment for us to do it, and continue cleaning the piercing until the hole closes. In most cases only a small mark should remain.

In the event that an infection is suspected, leave the jewelry in place to allow for drainage of the infection. On rare occasions, when the jewelry is removed, the surface cells close up, which can seal the infection inside the piercing channel and result in an abscess. Book an appointment with us if an infection develops and/or if it is so swollen that a jewelry change is necessary.

## FOR PARTICULAR AREAS

### NAVEL

Try to avoid tight clothing that might irritate and stick to the piercing.

This can protect the area from restrictive clothing, excess irritation, and impact during physical activities such as contact sports.

### EAR/EAR CARTILAGE AND FACIAL

Use the t-shirt trick: Dress your pillow in a large, clean t-shirt and turn it nightly; one clean t-shirt provides four clean surfaces for sleeping.

Maintain cleanliness of telephones, headphones, eyeglasses, helmets, hats, and anything that is in contact with the pierced area.

Use caution when styling your hair and advise your stylist of a new or healing piercing.

### NIPPLES

The support of a tight cotton shirt or sports bra may provide protection and feel comfortable, especially for sleeping.

### GENITAL

Genital Piercings - especially Triangles, Prince Alberts, Ampallangs, and Apadravyas - can bleed freely for the first few days. Be prepared.

Additional cleaning after urination is not necessary. Wash your hands before touching on (or near) a healing piercing.

In most cases you can engage in sexual activity as soon as you feel ready, but maintaining hygiene and avoiding trauma are vital; all sexual activities should be gentle during the healing period.

Use barriers such as condoms, dental dams, and waterproof bandages etc. to avoid contact with your partners' body fluids, even in long term monogamous relationships.

Use clean, disposable barriers on sex toys.

Use a new container of water-based lubricant; do not use saliva.

After sex, an additional saline rinse is suggested.

## SURFACE ANCHORS

These piercings require maintenance during their entire lifetime because matter can build up underneath the threaded top causing the piercing to become irritated. Saline and/or shower rinses may be helpful with removing matter from underneath the threaded top.

Avoid putting makeup on these piercings even after healing.

Even with proper care, surface anchors may be less permanent than other body piercings.

